

Stretching Assignment PSK4U

Name of Sport

Muscle Group Acted Upon

Diagram

Rationale i.e. type of movement/injury prevention

Clear Outline for Instruction i.e. length of time

Clarity of Class Presentation

Nt: Any photocopying needed I must have 1 day in advance

Sep 26-2:26 PM

Tuesday October 4th	_____ Test _____
Wednesday October 5th	_____
Thursday October 6th	_____
Friday October 7th	_____
Tuesday October 11th	Mackenzie
Wednesday October 12th	Dana
Thursday October 13th	Jessica
Friday October 14th	Frankie
Monday October 17th	Joe
Tuesday October 18th	Zoe
Wednesday October 19th	Hannah
Thursday October 20th	Kaitlyn
Friday October 21st	Grace
Monday October 24th	Ugh
Tuesday October 25th	Abbi
Wednesday October 26th	Zach
Thursday October 27th	Amanda
Friday October 28th	PA Day _____
Monday October 31st	Clara
Tuesday November 1st	Matt
Wednesday November 2nd	Eric
Thursday November 3rd	Madeline
Friday November 4th	Amber

Sep 26-2:31 PM

Monday November 7	Kim
Tuesday November 8	Kate
Wednesday November 9	Sun
Thursday November 10	Alex
Friday November 11th	Max
Monday November 14	Rebecca
Tuesday November 15	Lindsay
Wednesday November 16	Brandon
Thursday November 17	Eloise
Friday November 18th	James

Sep 27-7:29 AM